

What is claimed is:

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1. A method of protecting keratinous fiber from extrinsic damage comprising applying to said keratinous fiber a composition comprising at least one plant extract chosen from potato extract, mistletoe extract, avocado extract, wheat germ extract, and willowherb extract.
 2. A method of protecting keratinous fiber from extrinsic damage according to claim 1, wherein said composition further comprises at least one sugar.
 3. A method of protecting keratinous fiber from extrinsic damage according to claim 2, wherein said sugar is chosen from monosaccharides, disaccharides and polysaccharides.
 4. A method of protecting keratinous fiber from extrinsic damage according to claim 3, wherein said monosaccharides are chosen from pentoses and hexoses.
 5. A method of protecting keratinous fiber from extrinsic damage according to claim 4, wherein said pentoses are chosen from ribose, arabinose, xylose, lyxose, ribulose, and xylulose.

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13. A method of protecting keratinous fiber from extrinsic damage according to claim 2, wherein said at least one sugar is present in said composition at a concentration ranging from 0.001% to 3.0% relative to the total weight of the composition.

applying to said keratinous fiber a composition comprising at least one plant extract.

15. A method of improving combability and/or curl formation of keratinous fiber according to claim 14, wherein said plant extract is chosen from potato extract, mistletoe extract, avocado extract, wheat germ extract, willowherb extract and kidney bean extract.

16. A method of improving combability and/or curl formation of keratinous fiber according to claim 14, wherein said composition further comprises at least one sugar.

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18. A method of improving combability and/or curl formation of keratinous fiber according to claim 17, wherein said monosaccharides are chosen from pentoses and hexoses.

20. A method of improving combability and/or curl formation of keratinous fiber according to claim 18, wherein said hexoses are chosen from allose, altrose, glucose, mannose, gulose, idose, galactose, talose, sorbose, psicose, fructose, and tagatose.

21. A method of improving combability and/or curl formation of keratinous fiber according to claim 17, wherein said disaccharides are chosen from maltose, sucrose, cellobiose, trehalose and lactose.

27. A method of improving combability and/or curl formation of keratinous fiber according to claim 16, wherein said at least one sugar is present in said composition at a concentration ranging from 0.001% to 3.0% relative to the total weight of the composition.

28. A composition for the treatment or protection of keratinous fiber, said composition comprising at least one willowherb extract and at least one sugar.

29. A composition for the treatment of keratinous fiber according to claim 28, wherein said sugar is chosen from monosaccharides, disaccharides and polysaccharides.

30. A composition for the treatment of keratinous fiber according to claim 29,
wherein said monosaccharides are chosen from pentoses and hexoses.

31. A composition for the treatment of keratinous fiber according to claim 30, wherein said pentoses are chosen from ribose, arabinose, xylose, lyxose, ribulose, and xylulose.

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37. A composition for the treatment of keratinous fiber according to claim 28, wherein said at least one plant extract is present in said composition at a concentration ranging from 0.01% to 5.0% relative to the total weight of the composition.

38. A composition for the treatment of keratinous fiber according to claim 28, wherein said at least one sugar is present in said composition at a concentration ranging from 0.001% to 3.0% relative to the total weight of the composition.

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